

WILBRAHAM SENIOR NEWS

45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 2

FEBRUARY 2015

Valentine's Luncheon Tuesday, February 10th

Musical Entertainment with Richie Mitnick and Peter Annone
Boneless Stuffed Chicken Kiev, Tuxedo Rice, Peas/Pearl Onions, Dinner Roll,
Individual Red Velvet Bistro Cakes

Raffle provided by Quaboag Rehabilitation and Skilled Care Center
of West Brookfield

Party begins at 11:45 am. \$2 PER PERSON DUE AT REGISTRATAION.

LIBRARY KIOSK DEMONSTRATION

Have you explored the new "Overdrive" kiosk from the Wilbraham Public Library located in the Senior Center's meeting room? Wilbraham Library Director Karen Demers, and Reference and Outreach Librarian Dot Moore will give a tour of the system, and help people get started with checking out ebooks on **Monday, Feb. 23, 10a.m.** Bring your iPad, Kindle, Nook, or other e-reader and your library card to get started. The Overdrive kiosk is funded in part by a donation from Hampden Bank and provided by the Wilb.Public Library. The C/W MARS Digital Collection has over 120,000 titles- including popular bestsellers! If you can't make the session on Feb. 23 but would like training on using ebooks, you may contact the library at 596-6141 to set up an appt. for a one-on-one session.

GLASS FUSING

Join us on Monday, **February 2, 10-11am** for Glass Fusing Jewelry. A New Year and something different and fun to try! Glass fusing jewelry class, taught by Artist and Owner of "Oh So Pretties Handcrafted Gifts" Sherry Coulis. During this class, you will create 3 jewelry projects. A glass pendant, a pair of earrings and a ring. You will get familiar with different types of glass and create a one of a kind set of jewelry for yourself, or for gift giving. The last Christmas ornament class was a big hit. The price of this class is \$25 per person, and this includes all materials, firings and findings! Hope to see you all there. Bring a friend, no experience necessary. Stop by the front desk to register. This was postponed from January due to inclement weather.



AARP TAX ASSISTANCE

AARP trained Tax Aides will be at the Senior Center on Mondays starting in February, to assist seniors over the age of 60. All returns will be done by electronic filling. Please bring with you the following:

Social Security Card & photo ID for each taxpayer

2013 return and all related materials

All earnings (W2)

Interest earnings (1099INT)

Pensions and Annuities (1099-R)

Dividend/Mutual Fund Statement (1099DIV)

2013 Social Security form (SSA-1099)

Gambling/lottery winnings (W26)

Complete information on stock sold

Health Insurance Verification

Real Estate tax paid documentation

Rent paid documentation

Sewer/Water paid amounts

Fuel Assistance, amount received

Food Stamps, amount received

Please note—we cannot complete tax returns if you have a large number of stock transactions, business income, income requiring schedule C, home sales, purchase of hybrid car and other complex tax returns.

Call 596-8379 for an appointment.

HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings,
Tuesdays, 11- 12 noon.

Foot Care Nurses will be at the Center on **February 12** and are available for home visits. Cost is \$29.



Foot Doctor Cindy Galavotti will be back **February 4** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **February 11**, 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

Lee Giglietti, Public Health Nurse, is available on Tuesdays and Wednesdays for consultations. Please call for hours.

SHARPS containers are available **FREE** at center, with list of where they can be returned when full.

FITNESS PROGRAMS

Line Dancing on **Wednesdays at 1:40 p.m.** Beginner Line Dance class on **Fridays at 1:40 p.m.**

Zumba Gold—**Wednesdays at 2pm & Fridays at 10:30 am**, \$5.

Tap Dance with Mary Ann, **Thursdays at 9:30 a.m.**

Tai Chi, **Wednesdays** at 9 a.m. **FREE!**

Chair Exercise, **Tues.& Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays & Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays., 10:15 a.m.**

Senior Center Fitness Equipment— recumbent bike and treadmill. A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **February 6 & 20** for appointments. Cost is \$10.

MANICURES AT THE CENTER—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an appointment. **February 10 & 24.**

CHAIR MASSAGE AT SENIOR

CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **February 6.** Very relaxing!!

Call 596-8379 for appt.



CARDS PLAYERS WANTED

Are you interested in playing Pinochle or Scrabble? We have a few folks who are, so please call the Senior Center at 596-8379. We will help organize dates and times.



Weather Related Closings

If weather prevents the Senior Center from opening, we will post the information on the Town of Wilbraham website, the Senior Center Facebook page, CBS3 Springfield, ABC40, FOX6 and 22 News. **We do not follow the school closings.**

DONUT HOLE

Did YOU reach the “donut hole” last year? If so, chances are you could reach it again! If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135! This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.” To find out how to lower your drug costs, call Prescription Advantage at: or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. www.prescriptionadvantagemma.org.

Fuel Assistance

New applications for Fuel Assistance through the state are now available. The new maximum gross income levels are: 1 person \$32,618, 2 people \$42,654. It is very important that you bring all necessary paperwork with you to your appointment. Applications cannot be sent without all the paperwork. Proof of Fixed Income; Social Security, pension. Unemployment—most recent 4 week period check stubs; 2014 Heating, Electric & Telephone Bill, (complete bill showing the account number); 2014 Sewer/Water bill or Tax bill or House insurance bill; If renting – landlord name, address, telephone number; If working – 4 consecutive pay stubs prior to your application date are needed. We also received a grant to help residents who do not qualify for the state fuel assistance. Call 596-8379 for an appointment with Barbara Harrington to complete application. **No one should be cold this winter!!!**



REFLEXOLOGY

Start your New Year off with happy feet! Dawn Dietrich, Certified Foot Reflexologist offers fifteen minute Reflexology sessions for \$10 on the first and third Fridays. Foot Reflexology concentrates on the reflex points of the feet, which relate to organs and glands in the body. Applying pressure to these points stimulates the circulatory system, helping the body to detoxify itself of impurities while restoring balance. Not only will your feet benefit from this treatment, your body will benefit from much needed stress relieving relaxation! *By appointment only*, please contact the Senior Center at 596-8379.



Did you know volunteering has proven to be a life enhancer and extender! Why Volunteer with SHINE? To help seniors understand their Medicare benefits including coverage, eligibility and enrollment City of Springfield Department of Elder Affairs. Time Commitment: Complete the State training course, attend a monthly volunteer meeting, perform counseling 12 hours a month, & Program paperwork. Qualifications: You'll need transportation, computer accessibility, & free time during the day. Training Class begins March 2015. Call the SHINE office for more information 750-2893.

FEBRUARY EVENTS

SHINE Representative will not be here in February, but will return in March. Call for appointment.

BOOK CLUB will meet Thursday **February 19 ,1:30**, Book is "The Girls of Atomic City" by Denise Kiernan.

QUILTING CLUB, February 12 & 26 at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **February 11**. Call for appt. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, will be held on **February 18** at 10 a.m. \$3/class.


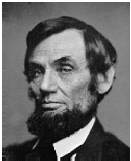





MEN'S BREAKFAST in Wilbraham on **Friday, February 27 at 8:30 a.m.** Please call to register—596-8379.

AFTERNOONS: PITCH Mondays, 12:30 p.m., DOMINOES Thursdays, 11:30 a.m., BRIDGE Fridays, 1 p.m. KNITTING ETC. Tuesdays, 1:00 p.m. RUG MAKING, Mondays at 1:00 p.m.

FRIENDS OF WILBRAHAM SENIORS MEETING Monthly meeting TBD—call for date.



FEBRUARY 2015

Mon	Tue	Wed	Thu	Fri
2 9-AARP Tax Aides 10-Glass Fusing 12:30-Pitch 1-Rug Making <i>Baked Chicken</i> Big Y	3 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	4 9-Tai Chi 9-Podiatrist 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold 4-COA Meeting Wal-mart	5 9:30-Tap Dance 10-Jazz 10-Chair Exercise 11:30-Dominoes Stop & Shop	6 9:30-Massage Therapy 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
9 9-AARP Tax Aides 10-Fallon Health 12:30-Pitch 1-Rug Making <i>Cheese Omelete</i> Stop & Shop	10 VALENTINE LUNCHEON 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	11 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 1-Attorney Peterson 1:40-Line Dance 2-Zumba Gold Eastfield Mall	12 8-Foot Care Nurse 9:30-Tap Dance 10-Jazz 10-Chair Exercise 11:30-Dominoes 1-Quilting Club Big Y	13 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
16 CLOSED PRESIDENTS DAY  	17 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Red Hat Meeting Around Town	18 9-Tai Chi 10-Jewelry Class 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold Wal-mart	19 9:30-Tap Dance 10-Jazz 10-Chair Exercise 10:40-Aerobics 11:30-Dominoes 1:30—Book Club Stop & Shop	20 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
23 9-AARP Tax Aides 10-Library Kiosk 12:30-Pitch 1-Rug Making <i>Pot Roast/gravy</i> Stop & Shop	24 10-Chair Exercise 10-Manicures 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	25 9-Tai Chi 10:15-Gentle Exercise 1:40-Line Dance 2-Zumba Gold Holyoke Mall	26 9:30-Tap Dance 10-Jazz 10-Chair Exercise 11:30-Dominoes 1-Quilting Club Big Y	27 8:30-Men's Breakfast 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
				



DONATIONS

Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Revolving Accounts:

Friends

Alberici, Mikki
 Allen, George
 Anon
 Armstrong, Kelly
 Casey, Jan
 Daddah, Joe
 Feen, Karen
 Follansbee, Ernest
 Fortin, Joe
 Girotti, William
 Johnson, William
 Jordon, Walter/Dorothy
 Messier, Dorothy
 Post, Jenine

Slowick, Kenneth/Linda
 Starczewski, Helen
 Warner, Barbara
 Wilson, Mary Jean

Wun, David/Eileen
 Zawacki, Carolyn

Building Fund

Allen, George
 Follansbee, Ernest
 Gormley, Deborah
 Jordon, Walter/Dorothy
 Paulin, Adele
 Warner, Barbara

**Thank you to Bill Bakeman
 for the December donations
 of poinsettia plants for our
 weekend meals on wheels
 clients.**

Revolving Account

Hale, FG/JK

WINTER HEATING SAFETY

The recent extremely cold temperatures have demonstrated the potential dangers associated with utilizing 'alternative' methods to heat your home, particularly if you lose your primary heating source due to a power outage or to lack of fuel. Home fires occur more in winter than in any other season. Many of these home fires are caused by the improper use of space heaters, as well as fireplaces and wood stoves. The [U.S. Fire Administration \(USFA\)](#) advises the following [heating and carbon monoxide](#) tips to help stay safe this winter season:

Portable Heaters

- Only use portable heaters from a recognized testing laboratory.
- Make sure the heater has an automatic shut-off so if it tips over, it shuts off.
- Keep anything that can burn such as bedding, clothing and curtains at least three feet away from the heater.
- Plug portable heaters directly into outlets. Never plug a portable heater into an extension cord or power strip.
- Turn heaters off when going to bed or leaving the room.

Fireplaces

- Keep a glass or metal screen in front of the fireplace to prevent embers or sparks jumping out.
- Do not burn paper in the fireplace.
- Put the fire out before going to sleep or leaving the home.
- Put ashes in a metal container with a lid, outside, at least three feet from the home.

Wood Stoves

- Have the chimney inspected and cleaned each year by a professional.
- Make sure the wood stove is three feet away from anything that can burn.
- Do not burn paper in the wood stove.
- Put the fire out before going to sleep or leaving the home.

Carbon Monoxide

- When using heaters that require fuel, install a carbon monoxide detector.



The Friends of Wilbraham Seniors presents

The 2015 Winter Raffle

Starting January 5, 2015 Drawing March 30, 2015



Grand prize

40 inch Hi-Definition Flat Panel Television

Donated by

John Sampson of Sampson Funeral Home



Third Prize

Foxwoods One Night Stay

Donated by

Foxwoods Resort & Casino

Second prize

Golf Foursome Round

Donated by

The Ludlow Country Club



Tickets will be available each day from 9:00-1:00 at the Wilbraham Senior Center, Or mail your newsletter coupon to P.O.705, Wilbraham, MA. Also tickets will be on the counter at Krazy Jake's



Fourth prize

Solid Hardwood Mantle Clock

Made and donated by

Harry Setian

.... 2015 Winter Raffle

Name _____

Address _____

City-----

Phone _____

Name _____

Address _____

City _____

Phone _____

2015 Winter Raffle

Name _____

Address _____

City _____

Phone _____

2015 Winter Raffle

Name _____

Address _____

City _____

Phone _____

State _____

1 ticket \$5.00 3 Tickets \$10.00

1 ticket \$5.00 3 Tickets \$10.00

1 ticket \$5.00 3 Tickets \$10.00

RED HAT YA YA SISTERHOOD OF WILBRAHAM

We are in the middle of winter. As I write this we are looking forward to one of the coldest days of the decade tomorrow. So let's talk fun Feb. 11" Let's Do Lunch" is at Gregory's Restaurant on Boston Rd. starting at 12:00. We can order off the menu with separate checks. Martha Talbot (596-8676) is the chair lady for this event. This is a self drive event. The deadline to sign up is Feb.9.

March 20th we will be doing an event at the Senior Center starting at 12 noon. It is Early Spring Luncheon. There will be popcorn and a movie (for real this time). We will also have the scrapbooks at this event with Maria's beautiful work with all the pictures. It will be a relaxing afternoon. Kathy Sowa (596-5462) is the chair lady. The deadline to sign up is March 16.

April is the Friends Fashion Show, Evelyn Morris (596-9745) is handling the tickets. I will be asking for some creative help from my Red Hat ladies. Deadline to sign up is April 13.

May 15th we are going to Montague Book Mill with lunch at the quaint restaurant called The Alvah Stone on the Saw Mill River. We will leave the senior center at 10 am. We will tour the bookstore followed by lunch (order off the menu with separate checks). The van is available for this event for a \$4. charge. There will also be carpooling. Elaine King is the chairlady for this event (596-3940). We will do a quick stop at Yankee on the way home. The deadline to sign up is May 11.

June 19th we will do a River cruise at Brunell's Marina and lunch at the new Dockside restaurant. We will be leaving the senior center at 10:15. Elaine Lavoie (596-6001) is the chairlady for this event. There will be more information to follow. The van and carpooling will be available. The van charge is \$4. The deadline to sign up is June 15.

Stay Well and Warm,
Kathy Phipps, your Queen Mum

community calendar

For those who are taking care of someone with memory loss, a new caregivers support group began November 5 at the Wilbraham Public Library in the Brooks Room at 7 p.m. It will meet on the first Wednesday of each month thereafter. The leader is MaryAnne Stout, a leader in the field of Alzheimers care.

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.

American Parkinson's Disease Association's sponsored support group of Springfield's next meeting will be Monday, January 5, 2015 at 4pm. This support group welcomes those diagnosed with the disease, those interested in learning more about it and the caregivers and friends assisting those coping with the disease. This month's speakers are specialists from HAP Housing in Springfield regarding programs for housing and home modification assistance and information on a new program offered by UMASS dealing with some of the multiple issues caused by Parkinson's disease. We meet at the Jewish Community Center at 1160 Dickinson Street, Springfield, MA and as usual: No registration is required for the support group meeting. If you have questions, call Joyce Dupont at [413-323-4274](tel:413-323-4274) (JdupontB@aol.com). More Parkinson's information and events can be obtained on the APDAMA.org website. In cases of inclement weather, we will cancel the meeting and reschedule the speaker.



VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call 596-8379 and ask for Veteran's Agent.

Substitute Home Delivered Meal Driver—"Meals-on-Wheels"

If you have a few free hours in the late morning/early afternoon, consider becoming a Substitute Home Delivered Meal Driver in the Greater Springfield Area. Rewarding work delivering meals to our shut-in elderly. Ideal for a person who wants occasional work that fits schedule. May lead to regular position. Vehicle required, some lifting required – up to 30 lbs. Retirees welcome, great "mother's hours."

Weekday Hours between 9:30 am – 2:00 pm, days are variable, pay is \$11.00/hour. Travel reimbursement is \$0.42 per mile.



Apply in person at:
Greater Springfield Senior Services, Inc.
66 Industry Avenue, Suite 9
Springfield, MA 01104



ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER

COORDINATOR:

Mary Ellen Schmidt

SOCIAL SERVICES

COORDINATOR/VETERAN'S

ADMINISTRATIVE ASSISTANT:

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Ginnie Rickert

Van: Peter Siuda, Gary Babineau

IF YOU WISH TO UNSUBSCRIBE
FROM THIS NEWSLETTER
PLEASE CALL THE SENIOR
CENTER AT 596-8379

ANNUAL NEWSLETTER FEE OF \$5, payable to the "Friends of Wilbraham Seniors".
Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705

Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$200 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

Nonprofit Organization
U.S. Postage Paid
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PERMIT NO. 2853

SENIOR CENTER HOURS:
Monday-Friday, 8:00-4:00

PVTA Van Service
available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Marie Valentine, Diane Weston, Father
Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546
Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS

MONDAY TRIPS:

Feb. 2—Big Y

Feb. 9—Stop & Shop

Feb. 16—CLOSED

Feb. 23—Stop & Shop

WEDNESDAY TRIPS

Feb 4—Wal-Mart

Feb. 11—Eastfield Mall

Feb. 18—WalMart

Feb. 25—Holyoke Mall

THURSDAYS TRIPS

Feb. 5—Stop & Shop

Feb. 12—Big Y

Feb. 19—Stop & Shop

Feb. 26—Big Y

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

Call 596-8379 to sign up today.

